

Table 2: Avoiding Peanut, Tree Nuts, Egg, Corn, and Wheat Ingredients

<p>Avoiding Peanuts:</p> <p>Artificial nuts Beer nuts Cold pressed, expeller pressed or extruded peanut oil Goobers Ground nuts Mandelonas (peanuts soaked in almond flavoring) Mixed nuts Monkey nuts Nut meat Nut pieces Peanut butter Peanut flour Peanut protein hydrolysate</p> <p>Peanut may be found in: Baked goods (e.g., pastries, cookies) Candy (including chocolate candy) Chili Egg rolls Enchilada sauce Marzipan Mole sauce Nougat</p> <p>Unexpected Sources of Peanut: African, Asian and Mexican dishes Sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce and salad dressing Sweets such as pudding, cookies, Baked goods, pies, hot chocolate Egg rolls Pancakes Specialty pizzas Some vegetarian food products, especially those advertised as meat substitutes Foods that contain extruded, cold-pressed or expelled peanut oil, which may contain peanut protein Glazes and marinades Pet food</p>	<p>Avoiding Tree Nuts:</p> <p>Almond Artificial nuts Brazil nut Beechnut Butternut Cashew Chestnut Chinquapin nut Coconut (really is a fruit not a tree nut, but classified as a nut on some charts) Filbert / hazelnut Gianduja (a chocolate-nut mixture) Ginkgo nut Hickory nut Litchi/lychee/lychee nut Macadamia nut Natural nut extract Nut butters Nut meat Nut paste Nut pieces Pecan Pesto Pili nut Pine Nut Pistachio Praline Shea Nut Walnut</p> <p>Tree nuts may be found in: Black walnut hull extract (flavoring) Natural nut extract Nut distillates/alcoholic extracts Nut oils (e.g., walnut oil, almond oil) Walnut hull extract (flavoring)</p> <p>Unexpected Sources of Tree Nuts: Breakfast cereals, Candy, Crackers, Cookies, Chocolates, energy bars, flavored coffee, frozen desserts, marinade, barbeque sauces, some cold cuts, ice cream, alcoholic beverages (flavorings), lotions, shampoos, and soaps.</p>	<p>Avoiding Egg:</p> <p>Albumin / albumen Egg (dried, powdered, solids, white, yolk) Eggnog Globulin / Ovoglobulin Fat substitutes Livetin Lysozyme Mayonnaise Meringue (meringue powder) Ovalbumin Ovomucin / Ovomuroid / Ovotransferrin Simplese Silici Albuminate Surimi Trailblazer Vitellin / Apovitellin</p> <p>Eggs may be found in: Baked goods Egg substitutes Lecithin Macaroni Marzipan Marshmallows Nougat Pasta</p> <p>Unexpected Sources of Egg: Artificial and natural flavorings Foam or topping on coffee drinks or in bars drinks Egg Substitutes contain egg white Most processed cooked pasta and pasta in soups Egg wash on pretzels and baked goods</p>	<p>Avoiding Corn:</p> <p>Corn - meal, flakes, syrup, solids, flour, niblets, kernel, alcohol, on the cob, starch, bread, muffins, sugar/sweetener, oil, Caramel corn / flavoring Citric acid (may be corn based) Grits Hominy Maize Malto / Dextrose / Dextrate Modified cornstarch Polenta Sorbital</p> <p>Corn may be found in: Breakfast cereals Corn tortillas Corn chips – Tortilla chips, Fritos Margarine Corn Fritters Vegetable oil</p> <p>Unexpected Sources of Corn: Toothpaste, perfumes, shampoos, Chewing gums, breath mints, fast foods, vacuum packed foods, Cleaning solutions, processed or frozen foods, soft drinks</p> <p>http://www.medicalhealthtests.com/diseases-and-tests/allergy/corn-allergy.html</p>	<p>Avoiding Wheat:</p> <p>Bread Crumbs Bulgur Cereal extract Club Wheat Conscous Cracker meal Durum Einkorn Emmer Farina Hydrolyzed wheat protein Kamut Matzoh Matzoh meal Pasta Seitan Semolina Spelt Sprouted wheat Triticale Vital wheat gluten Wheat – bran, durum, germ, gluten, grass, malt, sprouts, starch, bran hydrolysate, germ oil, grass protein isolate Whole-wheat berries</p> <p>Flour: all-purpose bread cake durum enriched graham high gluten high protein instant pastry self-rising steel ground stone ground whole wheat</p> <p>Wheat may be found in: Glucose syrup Surimi Soy Sauce Starch (gelatinized starch, modified starch, modified food starch, vegetable starch)</p> <p>Unexpected Sources of Wheat: Ice cream, marinara sauce, play dough, potato chips, rice cakes, turkey patties, hot dogs, imitation crab meat, ale, beer, baking mixes, baked products, batter-fried foods, cereal, candy, crackers, processed meats, salad dressings, sauces, soups, soy sauce, and surimi</p> <p>Note: Buckwheat is not related to wheat.</p>
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